



## 825053 - Carrots/Cherry Tomatoes w/Lime

Source: K12 Culinary

Number of Portions: 32

Size of Portion: 1/2 cup

Alternate Recipe Name: Veggies with Lime Dip

### Components:

Meat/Alt:

Grains:

Fruit:

Vegetable: 0.5 cup

Milk:

### Recipe Subgroups:

Vegetable, Red/Orange

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### Attributes:

HACCP Process: #1 No Cook

Ingredients	Measures	Instructions
825051R Lime Yogurt Dip.....	1 qt	<b>CCP: No bare hand contact with ready to eat food.</b> Prepare Lime Yogurt Dip according to recipe #825051.  <b>CCP: Hold at 41° F or lower.</b>
011124 CARROTS,RAW..... 011529 TOMATOES,RED,RIPE,RAW,YEAR RND AVERAGE....	2 lbs + 4 OZS (sticks) 2 lbs + 12 OZS (cherry tomatoes)	Trim the ends of the carrot sticks, if needed. Rinse cherry tomatoes under running water and drain well in colander.
		Using a no. 30 scoop place 1 fluid oz (2 TBSP) of the Lime Yogurt dip into each 4 oz portion cup. Fill each cup with 1/4 cup carrot sticks (about 3 sticks depending on size) and 1/4 cup cherry tomatoes (1/2 cup total vegetable). Note: Baby carrots may be substituted for the carrot sticks. Cover and hold until service. <b>CCP: Hold and Serve at 41° F or lower.</b>

\*Nutrients are based upon 1 Portion Size (1/2 cup)

Calories	32 kcal	Cholesterol	1 mg	Sugars	*2.9* g	Calcium	42.89 mg	5.78%	Calories from Total Fat
Total Fat	0.21 g	Sodium	33 mg	Protein	3.20 g	Iron	0.17 mg	1.30%	Calories from Saturated Fat
Saturated Fat	0.05 g	Carbohydrates	4.65 g	Vitamin A	5330.4 IU	Water <sup>1</sup>	54.06 g	*0.05%*	Calories from Trans Fat
Trans Fat <sup>2</sup>	*0.00* g	Dietary Fiber	0.91 g	Vitamin C	2.0 mg	Ash <sup>1</sup>	0.53 g	58.04%	Calories from Carbohydrates
								39.92%	Calories from Protein

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient

\* - denotes combined nutrient totals with either missing or incomplete nutrient data

<sup>1</sup> - denotes optional nutrient values

<sup>2</sup> - Trans Fat value is provided for informational purposes only, not for monitoring purposes.